

II. Workshop Overview

Just Say Go is a workshop that is designed to help people make wise choices about physical activities; choices that will improve their health, help prevent disease, and get the most out of life. The workshop is divided into three parts that use the *Just Say Go Activity Sheet* (see handouts) as a guide. Each part focuses on a different objective.

Part I

Provides the group with an opportunity to move around the room and try different physical activities. They will also interact with each other to find out what their peers are doing to stay physically active.

Part II

Focuses on motivation for starting and maintaining a physical activity program. The participants examine the benefits of exercise, their own physical activity profile, and goal setting.

Part III

Explores the concept of fitness; the basics of exercise, how to fit physical activity into a busy routine, and creative ways on how to get schools and communities involved in physical fitness programs.

- The conclusion of the workshop ends with a review of the information and a workshop evaluation.
- The trainer's agenda is written in an easy to follow format.
- The workshop is scheduled to run approximately 45 minutes.
- Talking points and background information are included right in the outline of the agenda.
- General directions for the trainer are noted with an asterisk and italicized font.
- Materials and supplies used in this program are listed in the workshop format section.
- Workshop handouts are listed in the workshop format section and are also noted throughout the trainer's agenda outline.